

Knaresborough Leisure and Wellbeing Hub pool programme

Summer Holidays – Monday 20th July to Sunday 6th September

Main pool

	5 am	5.30	6	6.30	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm
Monday (31st August pool opening times: 7am - 4pm)						General swim 6.30 - 9am				Social swim Aquatic therapy Learn to swim		General swim 10am - 12noon			AquaFit 12noon - 12.45pm			Bookable inflatable fun session 1 - 2.30pm			Good Boost General swim 2.45 - 4pm		Learn to swim 4 - 6pm								Swim squads 6 - 9pm		
						* Lane swim 6.30 - 9am						* Lane swim 10am - 12.45pm										* Lane swim 2.45 - 6pm											
Tuesday						General swim 6.30 - 9am						General swim 10.15 - 11.15am			General swim 11.30am - 12.45pm			Bookable inflatable fun session 1 - 2.30pm			General swim 2.45 - 4pm		Learn to swim 4 - 7pm			AquaFit 7 - 7.45pm				Staff training 8 - 9pm			
						* Lane swim 6.30 - 9am			Good boost Learn to swim			* Lane swim 10.15 - 12.45pm										* Lane swim 2.45 - 8pm											
Wednesday						General swim 6.30 - 9am				Social swim 9 - 10am		General swim 10.15 - 11.15am			General swim 11.30am - 12.45pm			Bookable inflatable fun session 1 - 2.30pm			General swim 2.45 - 4pm		Learn to swim 4 - 7pm			AquaFit 7.15 - 8pm				General swim 8 - 9pm			
						* Lane swim 6.30 - 9am			Learn to swim			* Lane swim 10.15 - 12.45pm										* Lane swim 2.45 - 9pm											
Thursday						General swim 6.30 - 10am						General swim 10.15 - 11.15am			General swim 11.30am - 12.45pm			Bookable inflatable fun session 1 - 2.30pm			Good Boost General swim 2.45 - 4pm		Learn to swim 4 - 7pm		Adult learn to swim			General swim 7 - 9pm					
						* Lane swim 6.30 - 9am			Learn to swim			* Lane swim 10.15 - 12.45pm										* Lane swim 2.45 - 9pm											
Friday						General swim 6.30 - 9am				Social swim 9 - 10am		General swim 10am - 12noon			AquaFit 12noon - 12.45pm			Bookable inflatable fun session 1 - 2.30pm			General swim 2.45 - 4pm		Learn to swim 4 - 7pm										
						* Lane swim 6.30 - 9am			Learn to swim	Bump Boost		* Lane swim 10 - 12.45pm										* Lane swim 2.45 - 8pm											
Saturday						Swim squads 5 - 8.30am				Learn to swim 8.30am - 12noon					General swim 12.15am - 1.15pm			Bookable inflatable fun session 1.30 - 3pm				* Lane swim 3.30 - 5.30pm											
										* Lane swim 6.30 - 11am		General swim 11.05 - 12.05										General swim 3.30 - 5.30pm											
Sunday						General swim 6.30 - 8.30am				Learn to swim 8.30 - 11am		General swim 11.05 - 12.05			General swim 12.15am - 1.15pm			Bookable inflatable fun session 1.30 - 3pm				* Lane swim 3.30 - 5.30pm											
						* Lane swim 6.30 - 10am				General swim 10 - 11am		Lane swim										General swim 3.30 - 5.30pm											

Programme subject to change. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

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Leisure pool

	5 am	5.30	6	6.30	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm		
Monday									Pre-school learn to swim 9 – 11.15am				General swim 11.15–12						Inflatable fun session 1 – 2.30pm				General swim 2.45 – 3.55pm		Learn to swim 4 – 7pm				Family Swim 7 – 8pm						
Monday 31st August									Toddler swim 9 – 10am		General swim 10am – 12.45pm								Inflatable fun session 1 – 2.30pm		General swim 2.45 – 3.55pm		CLOSED												
Tuesday									Toddler swim 9 – 10am		Pre-school learn to swim 10 – 11am				General swim 11.30am – 12.45pm				Bookable inflatable fun session 1 – 2.30pm				General swim 2.45 – 3.55pm		Learn to swim 4 – 7pm				Family Swim 7 – 8pm						
Wednesday									Toddler swim 9 – 10am				General swim 10.15 – 11.15am				General swim 11.30am – 12.45pm				Bookable inflatable fun session 1 – 2.30pm				General swim 2.45 – 3.55pm		Learn to swim 4 – 7pm				Family Swim 7 – 8pm				
Thursday									Toddler swim 9 – 10am		Pre-school learn to swim 10.15 – 11.15am				General swim 11.30am – 12.45pm				Bookable inflatable fun session 1 – 2.30pm				General swim 2.45 – 3.55pm		Learn to swim 4 – 6pm			Family Swim 6 – 8pm							
Friday									Toddler swim 9 – 10am		Pre-school learn to swim 10 – 11am		General swim 11am – 12noon		Toddler swim 12noon – 12.45pm				Bookable inflatable fun session 1 – 2.30pm				General swim 2.45 – 3.55pm		Learn to swim 4 – 7pm				Family Swim 7 – 8pm						
Saturday									Learn to swim 8.30am – 12noon										General swim 12.15am – 1.15pm				Bookable inflatable fun session 1.30 – 3pm				Family Swim 3.30 – 5.30pm								
Sunday									Learn to swim 8.30 – 10am		General swim 10 – 11am		General swim 11am – 12noon				General swim 12.15am – 1.15pm				Bookable inflatable fun session 1.30 – 3pm				Family Swim 3.30 – 5.30pm										
	5.30 am	6	6.30	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm			

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